## **Aquatics Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—1:00 <b>ADULT OPEN</b> <b>SWIM</b> 18+	12:00—1:00 <b>ADULT OPEN</b> <b>SWIM</b> 18+	12:00—1:00 <b>ADULT OPEN</b> <b>SWIM</b> 18+	12:00—1:00 <b>ADULT OPEN</b> <b>SWIM</b> 18 +	12:00—1:00 ADULT SWIM OPEN 18+	10:00-12:00 ADULT SWIM 18 AND UP
1:00 —2:00 <b>ADULT SWIM</b>	1:00 —2:00 <b>ADULT SWIM</b>	1:00 —2:00 ADULT SWIM	1:00 —2:00 <b>ADULT SWIM</b>	1:00 —2:00 <b>ADULT SWIM</b>	12:00-1:00 YOUTH SWIM
2:00-3:00 <b>ADULT SWIM</b>	2:00-3:00 <b>ADULT SWIM</b>	2:00-2:45 <b>ADULT SWIM</b>	2:00-2:45 <b>ADULT SWIM</b>	2:00-2:45 <b>ADULT SWIM</b>	1:00-2:00 YOUTH SWIMM
3:00— 3:45pm <b>Youth Open</b> <b>Swim</b> <b>8-17</b>	3:00— 3:45pm Youth Open Swim 8-17	3:00— 3:45pm Youth Open Swim 8-17	3:00— 3:45pm Youth Open Swim 8-17	3:00— 3:45pm Youth Open Swim 8-17	2:00— 3:00 YOUTH SWIM
4:00—4:45 <b>Open swim</b> <b>8-17</b>	4:00—4:45 Swim team practice 8-17	4:00—4:45 <b>Open swim</b> <b>8-17</b>	4:00—4:45 Swim team practice 8-17	4:00—4:45 <b>Open swim</b> <b>8-17</b>	3:30—4:30 FAMILY SWIM
5:00-6:30 Lifeguard classes	5:30-6:30 Learn to swim	5:00-6:30 Lifeguard classes	5:30-6:30 Learn to swim	5:00-5:45 SWIM TEAM PRACTICE	4;30-5;30 FAMILY SWIM
6:30-7:30 <b>Lifeguard classes</b>	6:30-7:00 <b>Learn to swim</b>	6:30-7:30 <b>Lifeguard classes</b>	6:30-7:00 <b>Learn to swim</b>	6:00-7:30 FAMILY OPEN	
All children under 7 years old and 4 feet tall must be accompanied and supervised in the <b>All Children</b>					



Boxing	Monday-Friday	4:30pm-7:30 pm	ages 8 & up
Weight room	Monday-Friday	12:00pm-7:30 pm	ages 18+
Technology Room	Monday-Friday	3:00- 6:00pm	ages 8-17
HOT and COLD meals	Monday-Friday & Sat	3:00- 4:00PM & 12-:	
H.L.BASKETBALL	Tuesday & Thursday	4:30- 7:00	ages 8-17
After School All-Stars	Monday-Thursday	3:00- 6:00pm	school age

4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00—2:30 OPEN GYM Adult	12:00—2:30 <b>OPEN GYM</b> Adult	12:00—2:30 <b>OPEN GYM</b> Adult	12:00—2:30 <b>OPEN GYM</b> Adult	12:00—2:30 <b>OPEN GYM</b> Adult	10:00Am- 12:30Pm P.A.L BAS- KETBALL
ı	3:00- 4:30 Basketball Skills/OPEN GYM (youth)	3:00- 4:30 Basketball Skills/OPEN GYM (youth)	3:00—4:30 <b>OPEN GYM</b> youth	3:00- 4:30 Basketball Skills/ OPEN GYM (youth)	3:00—5:00 <b>OPEN GYM</b> Open ages	12:00-2:00 21 and up mens leauge
1	5:00-7:30 GIRLS BAS- KETBALL (youth) 8-11	5:00pm—7:30 House league basket ball 12-14 JUNIORS	5:00pm—7:30 House league bas- ket ball 15-17 seniors	5:00-7:30 GIRLS BASKET- BALL (juniors) 12-14	5:30pm—7:30 ADULT VOLLEY BALL 18+	2:00-5:00 21 and up mens league/ CLEAN —UP



## IN-HOUSE RULES APPLY FOR YOUTH&ADULTS

Program	Days	Time	Ages
Yoga Basics	Tuesday/Thursday	6:00—7:00 p.m.	Adults
Line Dance Classes	Monday	5:30p.m.—7:00 p.m.	Adults
HOT SPOT AVAILABILIT	Y Mon-Fri	4:00-7:00 pm ope	n to all ages
JAZZ DANCE	Wednesdays	5:00-6:00	5-17
BINGO	MON & FRÍ	12:00-2:00PM	SENIORS
<b>B.R.I.C.K MENTORSHIP</b>	PROG. TUE & THR	4:00-5:00PM	10-18



